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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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COD IS CALLED "BEEF OF THE SEA"

Have you ever smelled the delicious aroma of a cod chowder simmering on the stove, or sat down to a big bowl of its creamy goodness? Have you ever tried cod cakes fried in hot fat until they are golden brown? Have you ever sampled smoked cod?

If you have never enjoyed any of these appetizing fish dishes, now is the time to try them, says the Fish and Wildlife Service, because cod is extremely plentiful and inexpensive this winter. By using cod as a main dish, the homemaker can produce many economical meals for her family.

The home economists of the Fish and Wildlife Service offer their kitchen-tested recipes for Cod Chowder, Cod Cakes, and Baked Smoked Cod Fillet.

COD CHOWDER

2 pounds cod fillets
 $\frac{1}{4}$ cup bacon, diced
 $\frac{3}{4}$ cup onions, diced
 2 cups hot water

2 cups potatoes, diced
 $1\frac{1}{2}$ teaspoons salt
 dash pepper
 4 cups rich milk

Cut fillets in 1 inch cubes. Fry bacon until crisp and golden brown. Add onion and slightly brown. Add water and potatoes and cook ten minutes, or until potatoes are practically done. Then add cod, and cook until it can be separated into large flakes with fork. Add remaining ingredients and heat. Sprinkle top with chopped parsley. Makes 6 servings.

COD CAKES

1 pound dried salt cod
 2 cups mashed potatoes
 1 egg

1 tablespoon onion, grated
 1 tablespoon parsley, chopped
 dash pepper

Cover cod with cold water and freshen over night. Drain, and flake the cod, removing any bones or skin. Mix the cod, potatoes, beaten egg and seasonings together. Form into cakes and fry in hot fat. When cakes are a golden brown on one side, turn carefully and brown the other side. Cooking time about 8 minutes. Drain on absorbent paper. Serve immediately with a sauce. Makes 6 servings.

BAKED SMOKED COD FILLET

2 pounds smoked cod fillets
1 cup milk

4 tablespoons butter

Place cod fillets in a well greased baking pan. Dot fillets with butter and cover with milk. Bake in a moderate oven, 350° F., for about 30 minutes. Serve plain or with a cream sauce. Makes 6 servings.

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NOTE TO FOOD EDITORS: As background material for your use, we are attaching a copy of Fishery Leaflet 269, "Cod--The Beef of the Sea." You are free to reproduce any material contained in this leaflet. Glossy prints showing the step-by-step preparation of the recipes are available upon request to the Fish and Wildlife Service, Division of Information, Washington 25, D. C.